

March /
April
2015

The Smith Sentinel



**GREENSBORO
PARKS AND
RECREATION**

All programs are open to Guilford County residents ages 55 and better and are located at Smith Senior Center unless noted.

**Mabel D. Smith
Senior Center**
336.373.7564

2401 Fairview St.
Greensboro, NC
27405

www.greensboro-nc.gov/Seniors

www.facebook.com/smithseniorcenter

Hours:

Mon - Thurs
8 am - 8 pm

Friday
9 am - 8 pm

Saturday
9 am - 12 noon

**SMITH SENIOR
CENTER WILL BE
CLOSED:**

April 3rd & 4th
for
Easter

Celebrate Spring!

March Activities

Hearing Hygiene Q&A — March 10, 10 am, Free. Staff from Hearing Solutions will discuss ear hygiene and products such as ear plugs.

Genealogy Class — March 11, 10 am, Free. Martha Stanley will give you tips on how to start researching your family tree in this class.

Computer Seminar — March 12, 10 am, Free. Bill Barrett is back by popular demand to teach you how to tune-up your PC and will introduce basic programs to keep your PC clean. Please call 373-7564 to register.

"Geri-Actors" Workshop - March 12-April 16, 1-4 pm, Free. This 6-week workshop will teach acting skills through use of theatre games, memory exercises, character development, scene study, and creative movement, and will meet each Thursday from 1-4 pm. Space is limited. Please call 373-7564 to register.

St. Patrick's Soup & Potato Lunch — March 13, 1 pm, \$5. Enjoy a soup and baked potato lunch with all the fixin's. Space is limited. Register and pay in person at the front desk.

Lunch Bunch — March 17, 12 pm, \$7. We will enjoy lunch at GTCC's Culinary School. Pre-payment is required by March 12 at the front desk. Space is limited. A van will leave Smith Senior Center at 11:15 am.

Issues Facing Medicare Advantage — March 18, 10 am, Free. The Coalition for Medicare Choices is working to protect the Medicare Advantage program by connecting seniors with members of Congress. Join us for breakfast and learn how you can get involved.

Retirement Planning Seminar — March 19, 10 am, Free. Presented by Glenn Mosseller with Roadmap Financial Consulting, take the mystery out of retirement income planning.

Easter Wreath Class — March 19, 1 pm, \$20. Learn how to make Easter wreaths using strips of fabric. Please register and pay in person at the front desk by March 16.

Movie: "Dolphin Tale 2" — March 20, 1 pm, Free. The team who saved Winter's life come together to find her a companion so she can remain at the marine hospital. (2014)

Injury Prevention Seminar — March 25 at 10 am, and March 31 at 1 pm, Free. Physical therapist and board certified Geriatric Clinical Specialist, Pete Barusic, will help you identify weaknesses and develop strategies in preventing injuries during sports training and competition. Great information for those about to participate in Senior Games!

April Activities

NC Senior Tarheel Legislator — April 1, 10 am.

Mary Lou Blakeney, NC Senior Tarheel Legislator representing Guilford County, will discuss current issues affecting seniors in the NC legislature, and will address your questions and concerns.

Birthday Potluck Lunch & Bingo — April 7, 11:30 am. Everyone is invited to celebrate those with March & April birthdays. Bring a covered dish to share, and one bingo prize to play after lunch.

Reverse Mortgage Seminar — April 15, 10 am, Free. Presented by Prime Financing, learn about the reverse mortgage process, who is eligible and the advantages it provides.

Computer Seminar — April 16, 10 am, Free. Bill Barrett will discuss the use of Sandboxie virtual browser and settings that improve performance and PC security. Please call 373-7564 to register.

Movie: "Radio" — April 17, 1 pm, Free. The story of a high school coach and the developmentally challenged man whom he took under his wing. Stars Cuba Gooding, Jr., Ed Harris. (2003)

BP & Bingo — April 21, 9 am, Free. Join us for fun, fellowship and bingo! Prizes for all winners. A nurse from Personal Care Inc. will provide blood pressure checks beginning at 9 am.

Lunch Bunch — April 21, 11:30 am. We will meet at Longhorn on Battleground Ave. A van will leave Smith Senior Center at 11:15 am. Please call 373-7564 to register and ride the van.

What Seniors Should Know About Selling Their Home — April 22, 12 noon, Free. Presented by Warmath Realty and CFL Mortgage. Selling your home should be a pleasant experience. Avoid costly mistakes and achieve the best price, terms and conditions. Registration is required. Lunch is provided. Call 373-7564 to register.

Coming in May . . .

Beware of Senior Frauds and Scams — May 7, 10 am, Free. Presented by Consumer Credit Counseling Services, learn about telemarketing, sweepstakes, and lottery scams, and how to protect yourself from other money schemes.

Health Rhythms Group Drumming Classes — 2nd & 4th Wednesdays beginning May 13, 1 pm, Free. Facilitated by music therapist, Jane Maydian, the benefits of group drumming include reduced stress, increased immunity, increased feelings of self worth, opportunity for community connections and volunteerism. Pre-registration is not required. The classes are offered on a drop-in basis with all musical abilities welcome.

FITNESS

Fitness Room Membership | Ages 55+: \$60/six months; Ages 18-54: \$70/six months
Membership includes Orientation, Personal Training sessions, and Fitness Testing by certified professionals.

Fitness Room Hours Monday - Thursday 8 am - 7:45 pm | Friday 9 am - 7:45 pm
Saturday 9 - 11:45 am

Pickleball **Inside** — Mondays: 10 am - 12 noon (Ages 55+); **Outside** — Mon. - Sat. during operating hours

Table Tennis Wednesdays: 10 am - 12 noon (Ages 55+) | Fridays: 5:00 - 7:45 pm (Ages 18+)

Bocce, Horseshoes, Shuffleboard and Cornhole Fridays: 10 am - 12 noon (Ages 55+)

Gym Walking The gym is available for walking laps during operating hours, except during classes or other programs. 19 laps = 1 mile

AQUATICS

Senior Swim | \$30 for 30-visit punch card | Ages 55+

Monday, 2 - 4 pm | Open swim

Tuesday, 9:45 - 10:45 am | Lap swimming is allowed in the deep end, side to side. Shallow end is open for non-swimmers.

Tuesday, 2 - 4 pm | Lap swimming is allowed in the deep end, side to side. Shallow end is open for non-swimmers.

Wednesday, 2 - 4 pm | Open swim

Thursday, 9:45 - 10:45 am | Lap swimming only, full length of pool.

Thursday, 2 - 4 pm | Lap swimming is allowed in the deep end, side to side. Shallow end is for non-swimmers.

Water Aerobics Classes — Vivian Sloan, Instructor | Ages 55+

Shallow End | **Monday & Wednesday** | **8:15 - 9:15 am** | **March 23 - May 27** | **\$95**

Arthritis Foundation Aqua Program | **Mon, Wed & Fri** | **10 - 11 am** | **March 23 - May 29** | **\$140**

Evening Splash | **Monday & Wednesday** | **5 - 6 pm** | **March 23 - May 27** | **\$95** (Ages 18+)

Shallow End | **Tuesday & Thursday** | **8:15 - 9:15 am** | **March 24 - May 28** | **\$100**

Shallow End | **Tuesday & Thursday** | **11 am - 12 noon** | **March 24 - May 28** | **\$100**

Water Fitness Class — Cathy McClellan, Instructor | Ages 18+

These classes are for beginners to advanced fitness levels. Ability to swim is not a requirement. Spice up your water routine with noodles and weights, deep water (optional), circuit training and more.

March 19 - April 30 | **Tuesdays & Thursdays** | **5:45 - 6:30 pm** | **\$60**

CLASSES

Beginner Zumba! — Janet Pollock, Instructor | Ages 18+

Mondays | **5:30 - 6:15 pm** | **FREE**

Try this easier, gentler version of Zumba! for beginners or to add variety to your workout routine.

Line Dance — Mike Summers, Instructor | Ages 18+

Tuesdays | **6:15 - 8 pm** | **\$6 per class**

Learn basic steps and techniques through verbal cues and demonstrations.

Kung-Fu Pai-Lum — Dennis Makool, Instructor | Ages 12+

Tuesdays & Thursdays | **6:15 - 8 pm** | **\$30 per month**

This Chinese martial art teaches self-defense, focus, balance, respect and improves your physical condition.

Chair Yoga — Ellen Ammirato, Instructor | Ages 55+

Tuesdays | **11:30 am - 12:15 pm** | **FREE**

Fridays | **9:15 - 10 am** | **FREE**

Try this gentle form of yoga that is practiced either sitting in a chair or on a mat on the floor.

Yoga on the Mat — Ellen Ammirato, Instructor | Ages 55+

Wednesdays | **1:30 - 2:15 pm** | **FREE**

Try this traditional yoga class that is practiced on a mat on the floor.

S E R V I C E S

AARP Tax-Aide Service – The AARP Foundation will provide free income tax services to taxpayers with low and moderate incomes, with no age requirement. Appointments are available on **Wednesdays, March 4 to April 15**, 9 am - 6 pm, and **Fridays, March 6 to April 10**, 10 am - 6 pm. Please call 373-7564 for an appointment.

Blood Glucose and Blood Pressure Checks, 10 am — **March 25 and April 22**. UNCG's School of Nursing provides free blood glucose and blood pressure checks.

BP and Bingo, 9 am — **April 21**. Personal Care Inc. will provide free blood pressure checks before bingo, every other month, beginning at 9 am.

Grief Support Group, 6 pm — **March 9, 16, 23 and April 6, 13, 20**. Sponsored by Lambeth-Troxler Funeral Home, the support group is free and open to the public.

Hearing Loss Group, 6 pm — **March 11 and April 8**. Sponsored by the NC Division of Services for the Deaf and Hard of Hearing, the group is free and open to the public.

Hearing Screenings, 10 am — **April 14**. Hearing Solutions provides free hearing screenings on the 2nd Tuesday every other month. Call 373-7564 for an appointment.

Insurance Counseling — The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries and caregivers about their Medicare options. An insurance counselor can meet with you by appointment at Smith Senior Center by calling 373-4816 ext. 253.

Legal Services, 10 am — **March 17 and April 2**. Legal Aid of NC provides free legal services to eligible seniors each month. Call 398-1716 or 398-1731 for an appointment.

Osteoporosis Group, 1:30 pm — **March 12 and April 9**. The group meets the 2nd Thursday of the month to discuss awareness, prevention and creative management of this chronic illness. Facilitated by a Licensed Professional Counselor, the group is free and open to the public.

A. H. O. Y.

Add Health to Our Years

FREE low-impact aerobics classes for ages 55+

Class Location, Days and Times

Smith Senior Center 2401 Fairview St.	M, W, Th, S W	9:15 am 5:30 pm
Lewis Recreation Ctr. 110 Forest Lawn Dr.	M, W, F	9:15 am
Leonard Recreation Ctr. 6324 Ballinger Rd.	M, W, F	10:30 am
Brown Recreation Ctr. 302 East Vandalia Rd.	Tu, Th	9:15 am
Peeler Recreation Ctr. 1300 Sykes Ave.	Tu, Th	10:30 am
Griffin Recreation Ctr. 5301 Hilltop Rd.	Tu, Sat	10:30 am
Greensboro Sportsplex. 2400 16th St.	Tu, Th	1:00 pm
Lindley Recreation Ctr. 2907 Springwood Dr.	Tu, Th	2:15 pm

T R I P S

Temple Theatre — Sanford, NC Thursday, March 12

We will depart Smith Senior Center at 11 am and return around 5:30 pm. We will have lunch at Golden Corral in Sanford before heading to the Temple Theatre to see **Ring of Fire**, a show that takes you into the world of Johnny Cash. The cost of the trip is \$40 which includes transportation and show. Lunch is on your own.

How to Register:

- Registration must be made in person
- Payment by cash or check is due at the time of registration
- A simple health form must be completed and is good for one year
- You may register yourself and one other person as long as all paperwork is completed and payment is made

CHAIR FITNESS CLASSES

These 30 minute classes are open to all skill levels.

Mondays, 8:30 am
Tuesdays, 5:30 pm
Wednesdays, 8:30 am
Thursdays, 8:30 am
Saturdays, 9 am

Better Balance
Full Body/Strength
Better Balance
Better Balance
Arthritis

GREATER GREENSBORO SENIOR GAMES 2015

Make plans to participate in the
2015 Greater Greensboro Senior Games
April 7 - May 14

**** Deadline to register is March 6 ****

For more information call 373-7564 or visit

www.greensboro-nc.gov/seniorgames

We need volunteers!

Volunteer with Smith Senior Center and Serve Your Community

Honey Bee Helpers — Mondays 10 am-12 pm

A chapter of the Busy Bee Crafters of Greensboro, Inc., the group crochets, knits, and sews items for the clients/patients of Beacon Place, Hospice, Kids Path, and Women's Hospital of Greensboro.

Quilting Club — Wednesdays 1-3 pm

All of the quilts made by the Quilting Club are donated to residents of local nursing homes and newborns at Women's Hospital of Greensboro. You are welcome to bring your own sewing machine or sew by hand.



Smith Senior Center
2401 Fairview Street
Greensboro, NC 27405
www.greensboro-nc.gov/seniors
www.facebook.com/smithseniorcenter

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RETURN SERVICE REQUESTED

March / April 2015

If you would like to receive The Smith Sentinel newsletter by email instead of regular mail, please send an email to jennie.matkins@greensboro-nc.gov and request to be added to the "Newsletter" email list.

If you would like to receive the AHOY class schedule by email, please send an email to jennie.matkins@greensboro-nc.gov and request to be added to the "AHOY" email list.

Inclement Weather

In the event of bad weather, it may be necessary to cancel programs and classes or close the Smith Senior Center. Please use the following guidelines before heading out:

If Guilford County Schools are **closed**, ALL programs and classes are cancelled.

If GCS are on a **2-hour delay**, ONLY morning programs and classes are cancelled.

If GCS are on a **1-hour delay**, all programs and classes will operate normally.

*This is only for inclement weather.
Teacher workdays to not apply.*